



# *The Kandahar Chronicle*

451ST AIR EXPEDITIONARY WING

Volume 4, Issue 1

October 5, 2009



## *Fox News documents mission in Afghanistan*

Casey Stegall (left), Fox News Channel news reporter, interviews Capt. Adam Tucci (center) and Maj. Mitzi Egger (right), on Kandahar Airfield Oct. 1. Major Egger is a 55th Expeditionary Rescue Squadron pilot and Captain Tucci is a 55th ERQS co-pilot of the HH-60 Pave Hawk. The two explained what life is like at both the rescue squadron and in the combat zone for the national news reporter. Mr. Stegall, based with the bureau in Los Angeles, is traveling the area of responsibility to document the mission and the impact Airmen have in Afghanistan.

Casey Stegall experiences sitting in the pilot seat of an A-10 Thunderbolt II dressed in a flight suit Oct. 1. The Fox News reporter and his news crew spent two days on Kandahar Airfield and visited the 55th Expeditionary Rescue Squadron, 62nd Expeditionary Reconnaissance Squadron and the 354th Expeditionary Fighter Squadron.



Photos by Senior Airman Timothy Taylor

# Chief's Chatter

## *For want of a nail...*

By Chief Master Sgt. Steve McDonald  
451st AEW Command Chief

Command Post controller have in common?

Do you know what the pararescueman from the 55th Expeditionary Rescue Squadron, the fighter pilot from the 354th Expeditionary Fighter Squadron, and the security forces Airman from the Tactical Security Element have in common?

They are out doing the mission and making a huge difference in Operation Enduring Freedom.

Do you know what the production superintendent in the 451st Expeditionary Aircraft Maintenance Squadron, the Communications Focal Point Airman at the 451st Expeditionary Communications Squadron, the load master in the 772nd Expeditionary Airlift Squadron and the 451st Air Expeditionary Wing



You may have guessed again; they are out doing the mission and making a huge difference in Operation Enduring Freedom.

Do not underestimate your importance to the mission of the 451st Air Expeditionary Wing.

For want of a nail the shoe was lost.

For want of a shoe the horse was lost.

For want of a horse the rider was lost.

For want of a rider the battle was lost.

For want of a battle the kingdom was lost.

And all for the want of a horseshoe nail.

## *Shirt's Dirt: Air Force cares about families*

By Master Sgt. TJ Silva  
451st Expeditionary Maintenance Squadron first sergeant

Dictionary.com defines *family* as 1. parents and their children, considered as a group, whether dwelling together or not. 2. The children of one person or one couple collectively. 3. The spouse and children of one person.

The Air Force's definition of *family* is dependent on the topic of discussion. Whether you are single or married, have kids, parents living or deceased -- you are a vital member of our Air Force family. The Air Force even has numerous Air Force Instructions to illustrate and guide the importance of our family members. Furthermore, the Air Force offers numerous programs and facilities that benefit our Airmen, family members, civilian employees, and retirees.

According to the official Web site of the U.S. Air Force, earlier this year Air Force Chief of Staff Gen. Norton Schwartz and Secretary of the Air Force Michael Donley designated July 2009 to July 2010 as the "Year of the

Air Force Family," a year-long focus on Air Force programs highlighting the importance of, and commitment to, the entire Air Force family: all Airmen, married and single; spouses; children; Air Force civilians; extended families; and retirees.

"We will devote this year to identifying what we are doing right and what we need to do better to support the entire Air Force family, and to rekindle the sense of community that has been our tradition for so many generations," General Schwartz said.

As mentioned previously, the Air Force has the following AFIs: 36-2908, Family Care Plans; 65-103 Temporary Duty Orders; 36-3020 Family Member Travel; 36-3003, Military Leave Program, to name a few, which make reference to family members.

A couple of years ago, I was fortunate enough to be nominated for an award at major command level. The Air Force did not only pay for my airfare and lodging for a week, but also for my wife's.

Another example of the Air Force

taking care of not only military members but also family members is when one of my Airmen was mauled by a bear while hunting at Kodiak Island. Upon receiving the news, his wife and mother were put on official orders and flown to Anchorage, Alaska. Their lodging was also paid for, that is to say nothing of his medical expenses.

A final example is while deployed to the area of responsibility, if you were to receive a (God forbid) Red Cross message, the Air Force will pay for your trip back to where your family member (ref AFI 36-3003) is located. In addition, the Air Force will also pay for your trip back to the AOR.

The Air Force offers numerous programs and facilities to benefit our Airmen and families. For example, most installations offer a fitness facility, a Health and Wellness Center, Outdoor Recreation Center, Youth Centers, Airmen Ministry Centers, Airmen and Family Support Centers, and Spouse's Club, just to name a few. Some of

See **FAMILY**, page 3



# AOR Photo of the Week



Photo by Senior Airman Timothy Taylor

## Hands on ground keep eyes in the sky

Senior Airman Valerie Santa wipes down a vertical stabilizer to an MQ-1 Predator during maintenance here, Sept. 23, 2009. Airman Santa is using an alcohol-based chemical to cut through grease that has built up on the surface, which water could not dissolve. Airman Santa is a crew chief for the 62nd Expeditionary Reconnaissance Squadron from Creech Air Force Base, Nev., and hails from Apple Valley, Calif.

### FAMILY, continued from page 2

these programs/facilities offer rental equipment at discounted prices such as snow skiing equipment, camping and fishing equipment, discounted trips and tickets, baseball, basketball and soccer leagues, counseling, resumé writing classes, financial aid and money management classes just to name a few.

Although we all have our immediate families, whether it be husband, wife, mother, father, brother or sister, we also have our Air Force family, whether it be active duty, civilians, or retirees. We shall continue to support each other and make the Air Force a better organization to be a part of. General Schwartz said "the strength of the nation's Air Force is not the platforms we operate or the technologies we employ, as good as they are. It is our Airmen and their families. The Air Force is a great place to work, live, and play. Our intent is to make it even better."

## ***Congratulations to the 451st Air Expeditionary Wing Airmen of the Month***

### ***Airman of the Month***

*Senior Airman Brian Kehn, 55th Expeditionary Rescue Squadron*

### ***Noncommissioned Officer of the Month***

*Tech. Sgt. David Patten, 451st Expeditionary Security Forces Squadron*

### ***Senior Noncommissioned Officer of the Month***

*Master Sgt. Holly Jensen, 451st Expeditionary Maintenance Squadron*

### ***Company Grade Officer of the Month***

*1st Lt. Brooke Arnold, 451st Air Expeditionary Wing*

### ***Right Start of the Month***

*Master Sgt. James McDonald, 73rd Expeditionary Air Control Squadron*

# AIR FORCE FITNESS PROGRAM

## QUESTIONS & ANSWERS

### **1) Why did the Air Force revise the Air Force Fitness Program?**

CMSAF McKinley requested an Air Force Audit (summer 2008) and it clearly revealed the fitness program needed significant improvement.

### **2) What did the Air Force Fitness Audit reveal?**

Commanders did not consistently take action for members not meeting fitness standards and did not properly implement fitness testing – Unit programs did not engender a “culture of fitness”

### **3) When will the new Fitness Program be effective?**

The revised program will take effect Jan. 1, 2010.

### **4) What is the CSAF's vision and expectation of a new and improved Fitness Program?**

A fitness program that is: Clear, understandable, and much simpler. He expects a new fitness program supporting a year-round fitness culture, providing visible score increases for improved performance, and a clear message that health and fitness are directly related to mission accomplishment. Airmen should incorporate a “year-around culture of fitness” into their daily lives.

### **5) I never have to run a mile and half in combat, and the enemy doesn't care how big my waist is. Why didn't the AF adopt a combat-performance test?**

This was never the intention in revising the fitness program. The intention was to design a science-based test that incorporates health-based standards across all fitness components. Our goal in revising the program was to motivate Airmen to improve their health and fitness by rewarding incremental improvement and moving them from Unsatisfactory to Satisfactory and from Satisfactory to Excellent, thereby reducing their health risk both now and in the future. The next generation of AF

fitness program may incorporate AFSC-specific requirements and combat-type activities, but that may be several years in the future.

### **6) Will Airmen test more than once a year?**

Yes. Each Airman will test twice a year – some AF Reserve and ANG personnel will test once a year.

### **7) When will twice-a-year fitness testing cycles begin?**

The CSAF mandated all Airmen will fitness test during the first half of calendar year 2010. Airmen will be required to test before the end of the month in which they are due.

For example:

If your last test was 5 Jan 09, your next test will be in Jan 10 to begin your 6 month cycle, then again in Jul 10, etc.

If your last test was 2 Mar 09, your next test will be in Mar 10 to begin your 6 month cycle, then again in Sep 10, etc.

If your last test was 7 Jul 09, your next test will be in Jan 10 to begin your 6 month cycle, then again in Jul 10, etc.

If you test 15 Sep 09, you will test again in Mar 10 to begin your 6 month cycle, then again in Sep 10, etc.

If you test 29 Dec 09, you will test again in Jun 10 to begin your 6 month cycle, then again in Dec 10, etc.

### **8) The other services run longer distances and allow more time for pushups and sit-ups. Why didn't the AF change these aspects of the test to be more in line with the other services?**

We could have increase running distance to 2 or 3 miles, and changed the pushup and sit-up times to 2 minutes instead of 1 minute. However, all we would have gotten was a longer test. Consensus among fitness experts indi-

cates that we can adequately gauge a member's fitness with a 1 ½ mile run and 1 minute each of pushups and sit-ups.

### **9) Who maintains the sole responsibility to meet and maintain Air Force fitness standards?**

Each Airman is responsible for meeting and maintaining fitness standards. Commanders have the responsibility of their unit fitness program. The new fitness AFI will more clearly emphasize each Airman's responsibility to meet and maintain fitness standards.

### **10) Who will conduct fitness tests and where will the program be administered?**

Trained civilian employees will conduct fitness tests. The fitness program will be administered at new centrally located Fitness Assessment Cells (FAC). For GSUs or other locations with less than 1K military members, members may travel to the closest base with a FAC (commander discretion) or Physical Training Leaders and/or Unit Fitness Program Managers will continue to administer the test at the GСУ location.

### **11) Why did the Air Force create Fitness Assessment Cells (FAC)?**

To reduce administrative burden on squadrons and maximize objectivity in testing.

### **12) Will the component weighing on the fitness test change? If so, why?**

Yes. The aerobic run will account for 60% and body composition 20% -- muscle fitness (crunches and pushups) will remain 10% each. The component weighing was changed to incorporate science-based criterion along the health/fitness hierarchy. As an indication of overall fitness, Aerobic > Body Composition > Muscle Fitness.

### **13) Will there be minimum requirements for each fitness test component**

### **to pass the test?**

Yes, Airmen will be required to meet minimum component requirements and will still be required to have a composite score of 75 to pass the test. This ensures we have a more well-rounded test and that members must demonstrate a minimum level of proficiency in all components to pass the test.

### **14) How were the minimum requirements for each component determined?**

For the aerobic and body composition (abdominal circumference) components, the minimum is established at the cut line between moderate and high health risk associated with that component. We want members to avoid the high health risk region in order to pass the test. For pushups and sit-ups, the minimums were established at the 50<sup>th</sup> and 60<sup>th</sup> percentiles, respectively, for performance among the entire U.S. population based on widely-accepted fitness data.

### **15) Will the SG community continue to have ownership of the Fitness Program?**

No. AF/A1 now is the OPR for the Fitness Program, but will continue to partner with the SG community in regards to the health aspects of overall fitness.

### **16) When will the new fitness AFI be published to the field?**

The target is August 2009.

### **17) Will the Air Force Fitness Management System (AFFMS) continue to support the Air Force Fitness Program?**

Yes. The system will be enhanced to provide detailed, "dynamic" feedback on fitness results with the goal to help Airmen improve in targeted areas.

### **18) Will the 5-year age groupings change?**

Yes. Age groupings will change to 10-year groups (< 30, 30-39, 40-49, 50-59, and 60+). These changes are science based and more simple.

### **19) Will there be new commander guidance on administrative actions for failed fitness tests?**

Yes. Commanders will now be allowed to take administrative action for

first time failures if they feel it's warranted. The commander will be given an available options table in the Fitness AFI to provide clear guidance and focus on recommended actions based on number of failed tests.

### **20) I've heard that there will be "random" or "no-notice" fitness tests. Is that true?**

No, that is not true. Members will be required to test twice a year. However, members may require an "out of cycle" test in order to ensure currency for a deployment, assignment, etc. Commanders may institute "practice" or "diagnostic" tests in order to gauge a member's progress, but such a test will not be counted as an "official" test or entered into AF FMS for documentation purposes. Members will always know when their next scheduled test is required.

### **21) How will the CSAF keep fitness on his radar and as a top priority?**

Fitness metrics will be reported in regular increments from unit to wing to MAJCOM.

### **22) In what other ways will the Air Force measure fitness compliance?**

We will incorporate fitness into the IG arena in future Unit Compliance Inspections (UCI). This will ensure overall compliance in the administration and execution of the fitness program, not whether all members in a unit or wing can pass the test.

### **23) Can an Airman have a documented failed fitness test as of the close out date of their evaluation and still receive an overall "5" EPR?**

No. The revised AFI 36-2406, "Officer and Enlisted Evaluation Systems" will ensure no Airmen with a referral report (for fitness or other reasons) will receive an overall "5" rating.

### **24) How will other personnel actions be affected by a member's fitness category?**

Officers and enlisted members will be required to have a passing, current fitness score to be selected for or attend PME. All members must have a current fitness test in order to deploy. There are other restrictions regarding retraining, reenlistment eligibility, and assignment eligibility that could be impacted by a failed fitness score, especially if such a

score results in a referral OPR or EPR. The appropriate AFIs will be updated to reflect the impact fitness results have on these personnel programs.

### **25) Will commanders still be required to provide fitness time during duty-hours?**

Commanders will continue to emphasize the importance of fitness and provide Airmen fitness time during duty hours when mission permits, but will no longer be mandated by AFI-248 to allocate fitness time during "traditional" duty hours. Again, it is every Airman's responsibility to achieve and maintain AF Fitness standards.

### **26) Will the new program allow Airmen who fail a fitness test to retest prior to 42 days?**

Yes. The current rule which mandates a 42-day waiting period following a failed fitness test will be eliminated. With the new program, with Commander approval Airmen may volunteer to retest prior to the 42-day period if they are medically able and ready to test.

### **27) What fitness categories will be used?**

Since fitness is a readiness issue, the AF will use ORI/UCI-type scoring categories to reflect members' results. Excellent (> 90.0), Satisfactory (75.0 – 89.9), and Unsatisfactory (< 75.0) will replace the current categories of Excellent, Good, and Poor.

### **28) Will there be any incentives for members who clearly demonstrate fitness excellence?**

Yes. Patches are being designed for wear on the PT uniform. Patches will recognize both one-time and sustained (four consecutive tests over 2 years) performance in the Excellent category (composite score of > 90), and for scoring a perfect 100.

### **29) What if I have a profile that prevents me from doing one or more components of the test?**

The AF will no longer use the ergo cycle or the 3-mile walk as alternate aerobic tests. Instead, members who cannot run based on a profile will perform a 1-mile walk that will determine VO2 max capability. Also, if member is exempt from any component, members will only be categorized as "pass" or "fail".



# Unit Spotlight

---



Photos by Senior Airman Timothy Taylor

Senior Airman Joshua Kocher stands guard on the Kandahar Airfield flightline Sept. 30.

# *KAF security is top priority*

**By Staff Sgt.  
Angelique N. Smythe**  
*451st AEW Public Affairs*

The 451st Expeditionary Security Forces Squadron remains vigilant in keeping Kandahar Airfield secured each day.

The squadron is composed of Airmen who focus on three main missions: flightline security, fly away security, and tactical security.

Airmen tasked to perform flightline security were recently joined with other NATO forces in May 2009. Together, they guard \$25 billion worth of warfighting assets.

"Before, the American would guard American assets, the French would guard French airplanes, and so on," said Master Sgt. Steven Ingrahm, noncommissioned officer in charge of flightline security.

Now that they've pulled it all together into a NATO mission, Senior Airman Richard Menzel, flightline security constable said, "It puts more of a familiar face on security as opposed to just having the U.S. Air Force going down to talk to the Canadians, going down to talk to the British or the French. We've got personnel from those countries working with us so we're everyone put together. And instead of an adversary, they see some of their own in us, and it's easier for them to work with us that way."

Normally, these security forces members would work under someone from their own nation. Here, they work under a Belgian and Australian leader.

"What's different about (Belgian 1st Lt. Wim Van de Wygaert, chief of flightline

security) is his normal job would be outside the wire," said Tech. Sgt. Jerry Chandler, Command Kandahar Airfield flightline security manager. "This is his first time actually working inside the wire and around the aircraft. Usually, he does external security for the base, but now he's a part of internal flightline security."

With the exception of the U.S. Air Force security forces members, most people conducting this mission are performing outside of their normal specialties.

"For most people we work with from other nations, this is an entirely new thing for them," said Airman Menzel. "We have divers, firemen, medics, explosive ordnance devices technicians, all from different countries, all consolidated to get this mission done."

"Which initially required training from our part in order to teach them about security," said Sergeant Ingrahm.

Their ability to tighten up security on the flightline has allowed for some major improvements.

Since there were no fencelines around the flightline several months ago, people would jog on the flightline; there was increased bicycle traffic; aircraft were vulnerable to being knocked by other vehicles; and there were difficulties with medical evacuation teams landing as vehicles would be continuously driving up and down the flightline.

"When the medevacs can land, that's a life saved," said Sergeant Ingrahm. "We've cut down the flightline intrusion from in the hundreds to possibly one or two a month."

They've taken complete control of the flightline, cut

down risks posed to aircraft landing, and stand ready to provide security and immediate response for major aircraft accidents.

The team of security forces members who guard cargo aircraft when needed wherever in the area of responsibility is called the Fly Away Security Team.

This small group of individuals are similar to the Air Mobility Command Phoenix Ravens, who are specially trained security forces personnel dedicated to providing security for aircraft in austere environments away from their main base. There is usually at least one Raven with the team, and the rest are regular security forces members.

The members of the FAST team, who are all stationed at Fairchild AFB, Wash., have accomplished more than twenty missions since arriving to Kandahar a little more than one month ago. And they keep their backpacks packed 24/7.

"We're always ready to fly," said Tech. Sgt. Joshua Ray, FAST team leader. "If a plane breaks, we have to stay with the aircraft."

Every morning they re-

ceive information which tells them know if they'll be going out or not. After receiving a mission brief, they'll assist the aircrew with pushing pallets, installing seats, or anything else that is needed until it's time to go.

"If we're doing aircraft security, as soon as the plane hits the ground and the doors open, we head to each side of the aircraft and secure it while it's on the ground," said Sergeant Ray. "Before it takes off, we jump back on, close the door and take back off."

The team also conducts prisoner transports and flight deck denial.

The third group of security forces members is the tactical security element — a group of security forces members who provide cover for Air Force Office of Special Investigations agents. Their mission is to protect these agents as they conduct missions outside the wire.

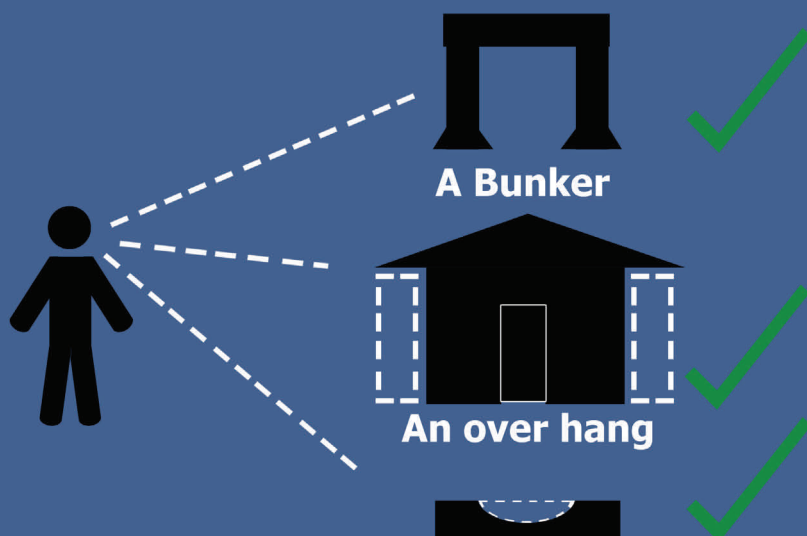
These elite warriors who make up the 451st Expeditionary Security Forces Squadron remain vigilant 24/7 to ensure the safety of all 20,000 people on Kandahar Airfield.



**Airman First Class Eric Hieronymus, 451st Expeditionary Security Forces Squadron remains vigilant 24/7 to ensure the safety of 20,000 people here.**



## If a mortar/missile attack should occur, follow these procedures:



**1. If in the open, hit the ground and stay down for 2 minutes**

**2. Once clear, proceed to the nearest bunker or seek better shelter**

**3. Stay clear of any shelters or objects that may cause more harm**

## Take cover

By Capt. Keith Quick  
451st AEW Anti-terrorism

I was recently asked the question, "I know what to do during an indirect fire attack if I am at work or at my billeting, but what do I do if I am walking or driving when an IDF attack occurs?"

Well, the answer is pretty much the same.

If walking, get face down on the ground and stay for two minutes. After two minutes, look to see if there is a bunker close to where you are located. If not, then look for another option that would provide you with as much cover as possible, such as in a ditch or low lying area or right up next to a T-wall barrier.

If driving, pull the vehicle to the side of the road, exit the vehicle, quickly move several meters from the vehicle, get face down on the ground and stay for two minutes. After two minutes, look for a nearby bunker or find another form of cover.

A final thought when looking for cover is to ensure you do not seek cover beside or under an object that could cause more harm than good. You would not want to take cover under or beside objects that have fuel, munitions or other combustible or explosive items.

## Useful Web sites

**Kandahar Airfield Web site:**  
[www.kdab.afcent.af.mil](http://www.kdab.afcent.af.mil)

**Webmail:**  
<https://webmail.kdab.afcent.af.mil>

May be accessed using common access card while on temporary duty from deployed location. If username and password are needed for non-CAC access, contact the Communications Focal Point at DSN: 463-1583 to have username and password set up in advance.

## 772nd EAS welcomes new commander

*On Oct. 3, 2009,*

***Lieutenant Colonel Jeffrey S. Gast***

*succeeded*

***Lieutenant Colonel William R. Otter***

*as commander of the  
772nd Expeditionary Airlift Squadron*



						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Watch a Movie under the Stars 2000 (outside Rec Tent)				1 Dominoes 1930 & 0200 Friday	2 Texas Hold'em 1930 & 0200 Saturday	3 Spades 1930 & 0200 Sunday
	5 Monday Night Football @ 0500 Tuesday	6 Video Game PS3 Street Fighter tourney	7	 Dominoes 1930 & 0200 Friday	 Texas Hold'em 1930 & 0200 Saturday	10 Spades 1930 & 0200 Sunday
11 (Top 3) 5K FUN RUN! 0600 Movie & a Snack 2000hrs	12 Monday Night Football @ 0500 Tuesday	13	14	15 Dominoes 1930 & 0200 Friday	16 Spades 1930 & 0200 Sunday	17 Casino Night (Top 3 Event)
18 Movie & a Snack 2000hrs	19 Monday Night Football @ 0500 Tuesday	20 Video Game PS3 Street Fighter tourney	21	 Dominoes 1930 & 0200 Friday	23 Texas Hold'em 1930 & 0200 Saturday	24 Spades 1930 & 0200 Sunday
25 Movie & a Snack 2000hrs	26 Monday Night Football @ 0500 Tuesday	27	28	29 Dominoes 1930 & 0200 Friday	30 Texas Hold'em 1930 & 0200 Saturday	31 Spades 1930 & 0200 Sunday Halloween Party! Hosted by First 4 Details TBA
**Spades for week 3 will be on Friday to make way for Casino Night on Saturday** <b>ALL EVENTS ARE SUBJECT TO CHANGE!</b>						

# Air Force Uniform Guidance

## *Air Force Physical Training Uniform*

- Only authorized footwear is tennis shoes (unless in mods/tents or going to latrine/shower).
  - Shirt will be tucked at all times...even when engaged in physical fitness activities.
    - Black socks are not authorized.

## *Airman Battle Uniform*

- Blouse will be worn when outside of your immediate work center.
  - Personnel transiting to/from the flight line will wear the blouse.
- Personnel walking outside at Camps Samek, Davis and Palamino will wear blouse unless performing primary duties or a detail.
  - Sleeves will not be cuffed.

## *Miscellaneous*

- Head/earphones are not authorized when walking, jogging or running outside.
- Sunglasses will not be worn on top of the head/hat or hung on the uniform in any way. They can hang from a strap around the neck.
  - Weapons will be carried unless actively involved in fitness activities (or transiting directly to/from fitness activities).
    - No stops allowed without your weapon.



## **Bulletin:**

### → **Chapel Events**

- Traditional Protestant Worship Services  
Sundays, 2 p.m. in the Rec Tent  
3:30 p.m. at the A-10 Squadron  
5:30 p.m. at the C-130 Squadron
- Other faith services are offered through Fraise Chapel.
- Weekly Bible Study  
Tuesdays at 7 p.m. on Camp Samek Tent No. 7 (next to the gym)  
"30 days to Understanding the Bible"
- For more information, contact the chapel at 463-1289

### → **Looking for a way to help out Afghans? You can help:**

1. Local schools need supplies
  2. Local hospitals need medicines.
  3. Local medical trainees need assembled first aid kits.
- Please call Tech. Sgt Jason Garcia at 463-1289 for further information.

### → **Services** is selling 451 Group coins for \$5 in the MWR tent. For more information, call 463-1308.

### → **Camp Samek Clean-up**

Who: Camp Samek Workers  
What: Camp Samek/Samek Gym  
Where: Camp Samek  
When: Thursdays at 1700L  
POC: Tech. Sgt. Dekelvin Garrett, 463-1277  
Staff Sgt. Corey Curl, 463-1278

### → Want to see something in the next edition of the Chronicle? Tell us!

→ Send your ideas to:  
[451AEW.pa@kdab.afcent.af.mil](mailto:451AEW.pa@kdab.afcent.af.mil) today!

The Kandahar Chronicle is brought to you by the 451st AEW Public Affairs  
"Your hearts and minds are ours!"

#### PA Staff

Public Affairs Officer: 1st Lt. Noelle Caldwell  
Editor: Staff Sgt. Angelique Smythe  
Photographer: Senior Airman Timothy Taylor  
Videographer: Tech. Sgt. Rachelle Anderson

# ***Hispanic Heritage Festival***

*Honoring Hispanic Heritage  
Month (Sept. 15 through Oct. 15)  
Saturday, Oct. 10  
at the Boardwalk*

## **Chaplain's Corner:** ***Running on empty***

**By Chaplain (Maj.) Alan Chouest**

For the past 25 years now I've purposefully been a student of leadership. I thoroughly enjoy reading books and articles that deal with the concept of leadership. Here's a great lesson that John C. Maxwell gives in one of his articles from "Lessons in Leadership from the Word of God."

Ever felt like you were running on empty? Did you know that emptiness can be a wonderful gift? That's exactly the lesson a destitute woman learned from the prophet Elisha in the Old Testament Scriptures 2 Kings 4:1-7. One day Elisha meets a woman with nothing—no husband, no income, no food, no prospects. She was at rock bottom. He tells her to gather what she has, and she returns with a jar of oil and several empty jars from neighbors. As they begin to pour the oil into the empty jars, they keep on pouring until all the jars are full. Only then does the oil in the first jar run out. Interestingly, the woman gets as much oil as she has empty jars. You know, there is something about "nothing" or "empty" that moves God's hand. He loves leading us to empty places where we can lean on nothing except His Faithfulness and provision. The great news is that no matter what faith background you may come from, God will not just leave you hanging all alone. If we are not experiencing God's presence and provision, could it be that we aren't empty enough? Could we still be distracted and dependant on ourselves? This story teaches us several things...

1. Emptiness is a gift from the Lord.
2. Emptiness tells us we have a need.
3. It is possible that we may not be empty enough.
4. We must admit our emptiness.
5. Really, God can fill that need in your life!